

Strength Training

Adaptions

Improves maximum strength and induces muscular growth.

Increases bone density and connective tissue strength.

Stronger muscles, ligaments and tendons are less likely to get injured.

Guidelines

Stick to the basic compound lifts like squats, deadlifts and bench press.

Train 2-3 days per week with a full-body program or 4-6 days per week with a split. Pick a program that fits into your schedule (fewer days vs shorter workouts).

Use the simplest program that works. Use a linear progression if you are new to strength training.

How this method is used

You can use any strength program that you enjoy, but adapt it to your needs as a BJJ athlete. A lot of the programs are written for people who only hit the gym and you will have to reduce the training volume.

Make sure that you put the focus on building strength and not bodybuilding.

Here are a few ideas if you are looking for a program:

- John Sheaffer's Greyskull LP
- Glenn Pendlay's MMA Strength Routine
- Bill Starr's Heavy Light Medium (HLM)
- Jim Wendler's 5/3/1

or use one of the programs on fit4bjj.com

